



DISPLAY SCREEN AND WORKSTATION (DSE)

In many offices, receptions, factories, shops, working at home, workshops, etc the use of Display Screen Equipment (DSE) computer workstations and Visual Display Units (VDU's) is commonplace these days and the Health and Safety (Display Screen Equipment) Regulations 1992 require all employers:-

To minimise the risk to all employees, who are deemed to be users, from the use of a VDU and computer workstation by ensuring all workplaces and jobs are well designed.

If you have employees, or even yourself the employer, that spend more than a couple of hours per day, either in one go or cumulatively, sat at a desk they are then deemed to be users and from using a badly set out computer workstation they could experience headaches, neck and lower back pain, sore arms and shoulders or a combination of these problems.

Unfortunately like most health and safety regulations the DSE Regulations do not contain detailed technical specifications or lists of approved equipment but they do set out general objectives:-

1. *All employers are required to analyze workstations, and assess and reduce risks*

By looking at:

1. *The whole workstation including equipment, furniture, and the work environment*
2. *The job being done*
3. *And specific needs of individual staff*

At CSATS we can cover this topic for you by carrying out the risk assessments required by:-

- visiting your premises and carry out a full and comprehensive assessment of all your workstations.
- assessing instances of bad seating and posture, looking at the general environment
- providing recommendations for improving desk lay out and general ergonomic awareness, including Home Workers or those using serviced offices
- providing you with a detailed report with corrective actions for all workstation.

Obviously we can also work in conjunction with you or your health and safety champion utilizing any appropriate forms that you might already have.

Remember these assessments have to be reviewed on a regular basis, if there are any changes in regulations or an incident occurs to ensure that the assessment maintains its effectiveness and provides you and your employees with suitable protection.

If you contract us to carry out your initial risk assessments there is NO obligation on you to re-commission CSATS to carry out the reviews but we can do this either as a separate project or part of your retainer package if you have taken us on as your competent person.

If you require further information on how CSATS Health and Safety Consultants can help you in meeting your health and safety requirements please contact us on 07785 580376 or consultancy@csats.co.uk

CSATS Ensuring Safety @ Work